



**Libyan International Medical University**  
**Faculty of Pharmacy**

# [The effect of ACE\_I on the health related quality of life in hypertensive people]

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## **Introduction**

ACE\_I block the enzyme that cleaves angiotensin I to form the potent vasoconstrictor angiotensin II. They also diminish the inactivation of bradykinin, which causes vasodilatations thus decreasing the BP. ACE-I has several common side effect such as dry cough, rash, fever, altered taste, hypotension and hyperkalemia all of which affect the health related quality of life in hypertensive elderly patients. HRQoL as The World Health Organization's defines it as, " a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity (HRQL) focuses on the impact of health on a person's ability to live a fulfilling life.<sup>[1]</sup> In this article, the effect of ACE\_I on health related quality of life among elderly Libyan people with hypertension is going to be discussed. It is known that the ACE-I affect the HRQoL in elderly hypertensive people but there is no published data on this subject in Benghazi city.

## **Objectives**

1. Investigate the health related quality of life among elderly Libyan people with hypertension taking ACE\_I over 1 year period according to SF\_36 HRQoL questionnaire in Benghazi city in 2020.
2. Compare between the average HRQoL in elderly hypertensive patient taking ACE\_I and patient who was not taking ACE\_I in Benghazi city.

## **Methods**

### **A. Design:**

This article follows observational analytical case control method.

### **B. Population and settings**

The information will be collected from elderly patients using ACE-I and other who are not using ACE-I that frequently visiting the Benghazi medical center (BMC).

### **C. Sample**

The sample is going to be collected from elderly hypertensive patients aged >65 yrs. old in simple random method.

### **D. Inclusion criteria**

### **E. Variables**

### **F. Data collection method**

The data is going to be collected by the SF\_36 HRQoL questionnaire.

### **G. Ethical**

The article follows STROBE (Strengthening the Reporting of Observational studies in Epidemiology).

### **H. Statistical analysis**

Our study is going to use SPSS23.

## References

1. Lippincott (2015) Lippincott Illustrated Reviews: Pharmacology. Sixth Edit. Walters Kluwer.
2. <https://www.hopkinsarthritis.org/arthritis-research/patient-centered-outcomes-research/what-is-health-related-quality-of-life/>